

Farm



Fresh

September 2006

Available Now...

Honey

September is National Honey Month! In 2005 Colorado's 26,000 bee colonies produced 1.8 million pounds of honey valued at nearly \$1.9 million.

According to the National Honey Board, bees may travel as far as 55,000 miles and visit more than two million flowers to gather enough nectar to make just one pound of honey.



Look for Colorado honey at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

www.coloradoagriculture.com
for a complete list of recipes.

Honey-Orange Glazed Salmon on top of a Mango-Honey Chutney with Honey Apple Coleslaw

Chef Justin Barbour, ACF Colorado Chefs Association

Mango Chutney

½ tbsp. Shallots or garlic, finely diced
2 tsp. Olive oil
4 oz. Fresh mango, large dice
1 oz. Water
2 tbsp. Cider vinegar
2 tbsp. Raisins
1 tbsp. brown sugar
1 tbsp. honey
½ of an orange, juice
1 tsp. salt

Sauté shallots/garlic in olive oil 1 to 2 minutes. Add mango, let cook for 1 to 2 minutes. Add water, vinegar, raisins, brown sugar, honey, orange juice, salt. Let simmer for 20 to 30 minutes, or until the mango is soft and you have a syrup-like consistency.

Honey-Orange Glazed Salmon

1 4-6 oz. skinless salmon filet
2 tbsp. Clove honey
1 tsp. zest of an orange
½ of an orange, juice
1 tsp. cinnamon
½ tsp. salt

Melt honey, orange zest and juice, cinnamon and salt in small sauce pan. Simmer for 3 minutes. Remove from heat until ready to use. Mark salmon on grill. Place salmon in 350°F preheated oven. Cook for approximately 8 minutes or until internal temperature reaches around 145° or it pulls away with a fork easily.

Honey Apple Coleslaw

½ cup Mayonnaise
¼ cup Sour cream
1 tbsp. Honey
1 tbsp. Apple cider vinegar
1 tbsp. Sugar
½ tsp. Salt
¼ tsp. Black pepper
3 cups Green cabbage, shredded
2 Granny Smith apples, cored and cut into matchsticks
1 Large carrot, peeled and shredded
¼ cup Sweet yellow onion (optional), very thinly sliced
½ cup Purple cabbage (optional)

Combine Mayonnaise, sour cream, honey, vinegar, sugar, salt and pepper and whisk well together. In large bowl combine cabbage, apples, carrots, onion, and purple cabbage. Toss with dressing until lightly and evenly coated. Chill slightly before serving.

Next Month. . . Pumpkins